

Cook Book



Arranged by
THE HAPPY HUSTLERS
of
MAYFAIR UNITED CHURCH
SASKATOON
1933

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HOW TO COOK A HUSBAND

A good many husbands are utterly spoiled in the cooking. Some women set them constantly in hot water. Others let them freeze by carelessness and indifference. Some keep them in a pickle all their lives. It is not reasonable to suppose that any husband can be tender and appetizing treated this way, but they are really delicious when properly prepared. Be sure to select him yourself, as tastes differ. Do not go to the market for him. The best are always brought to your door. See that the linen in which you wrap him is nicely washed and mended, with the required number of buttons and strings securely sewn on. Set him near a clear, steady fire of love, neatness and cheerfulness.

Add a little sugar in the form of what confectioners call kisses, but no vinegar or pepper on any account. Do not stick any sharp instrument into him to see if he is becoming tender. If thus treated you will find him very digestible, agreeing nicely with you and the children.

—Mrs. Halliwell.

SHORTBREAD

1 cup icing sugar. 2 cups butter or 1 cup butter
3 cups or more of flour. and 1 cup shortening.

Cream butter, add sugar and beat again; add flour and roll one-half inch thick; bake in moderate oven.

—Mrs. Geo. Traynor.

DATE SQUARES

1 cup brown sugar. ¼ cup sour milk.
1 egg. 1 teaspoon vanilla.
½ cup butter. 1 teaspoon soda.

Flour to roll.

Roll one-half the mixture and put in pan, then put in layer of cooked dates. Then roll other half of mixture and place on top. Sprinkle with sugar and put blanched almonds on each imaginary piece. Cut in diamond pieces while hot.

—Mrs. Kemp.

COCOANUT MACAROONS

3 egg whites. 2 tablespoons cornstarch.
1 cup sugar.

Thicken in double boiler. Add one-half pound shredded cocoanut and bake in slow oven.

—Mrs. R. Thompson.

COCOANUT MACAROONS

½ pound cocoanut. ¾ cup white sugar.
3 egg whites, beaten stiff.

—Mrs. Young.

CREAM PUFFS

½ cup butter. 1 cup boiling water.

When boiling briskly, add 1 cup flour and beat well until it forms a smooth ball. Add ¼ teaspoon salt and a pinch of soda. When cool, add 4 unbeaten eggs. Bake in muffin tins about 30 minutes, starting with a hot oven and gradually cooling. Leave in oven with door open at last, to dry the puffs so they will not drop when removed from pan.

—Mrs. S. Breese.

BUTTER TARTS

1 egg. 1 cup brown sugar.
1 cup raisins. Butter the size of walnut.
1/3 cup walnuts. Flavor to taste.

—Mrs. J. McDonald.

BUTTER TARTS

Make usual pie pastry. Cut to fit muffin tins and fill with the following mixture.

FILLING

3 cups brown sugar. 2 eggs.
2 heaping tablespoons butter.

Beat all together for several minutes and put in small tablespoonful to each tin. —Mrs. Curran.

LEMON SHORTCAKES

8 tablespoons butter. 2 cups flour.
Rind and juice of 1 lemon. 4 tablespoons sugar.
1 egg

Knead until smooth, cut like cookies. Cook until a pale brown and put filling between and on top.

FILLING

8 tablespoons sugar. 4 tablespoons butter.
1 well beaten egg. Rind and juice of 1 lemon.
Stir over slow fire until cooked. Sprinkle with castor sugar or fine cocoanut. —Mrs. Grabham.

COCOANUT TARTS

1 cup sugar. 1 cup cocoanut.
1 cup boiling water.

Boil till quite thick, then set aside to cool. When cool beat in 1 egg and put in baked shells. —Mrs. Laird.

JELLY TARTS

1 egg. 1 cup brown sugar.
1 teaspoon vanilla. 1 tablespoon butter.
Mix well. Put one teaspoon jelly in each tart shell and add one tablespoon of mixture on top and bake. —Mrs. A. Campbell, Elrose, Sask.

LEMON TARTS

Juice and rind of 3 lemons. Whites of 4 eggs, well beaten.
2 cups sugar. Yolks of 6 eggs.
½ cup butter.

Place in saucepan and stir till thick like honey. Do not boil. —Mrs. Martin.

CHRISTMAS CAKE

1 lb. butter. ½ lb. blanched almonds.
10 eggs. 3 cups sifted flour.
1 cup molasses. 3 teaspoons baking powder.
1½ lbs. brown sugar. 3 tablespoons milk.
1 lb. currants. 1 teaspoon cinnamon.
1 lb. seedless raisins. 1 teaspoon allspice.
1 lb. sultana raisins. 1 teaspoon nutmeg.
1 lb. mixed peel. 1 teaspoon ginger.
½ lb. cherries. ½ teaspoon cloves.
½ lb. walnuts.

Clean and prepare fruit overnight. Cream butter and sugar and unbeaten eggs, one at a time (beating 5 minutes between each egg). Add molasses, milk and spices. Add fruit dredged with part of the flour. Add rest of flour and baking powder. Bake in a slow oven for two hours. —Mrs. B. M. Carscadden.

CHOCOLATE CAKE

1/3 cup butter, creamed. 1 scant cup sugar, added slowly.
2 dessertspoons cocoa. 1/2 cup milk, sour or sweet.
1 teaspoon vanilla. 1 cup flour.
1 egg.
1/2 cup boiling water with 1 teaspoon soda dissolved in it.

Add ingredients in order given. Bake in very slow oven to start, increasing heat a little for 35 minutes or till cake is done.

—Mrs. Jean Porter, Plato, Sask.

BURNT SUGAR CAKE

To burn sugar, take 1/2 cup sugar (white), burn till it smokes, then add 1/2 cup boiling water. Do not stir, but let boil until it is like syrup.

CAKE PART

1/2 cup butter. 2 cups flour.
Yolks of 3 eggs. 1 1/2 cups sugar.
1 cup warm water.

Mix in order given, add burnt sugar, then add 1/2 cup of flour sifted with 2 teaspoons baking powder; then 1 teaspoon vanilla and the beaten whites of three eggs.

ICING

2 cups brown sugar. 1/4 cup butter.
Milk enough to dissolve well.

Boil until it forms a soft ball, then beat until thick enough to spread.

—Mrs. L. K. McBride.

CHOCOLATE LAYER CAKE

3/4 cup butter (scant). 1/2 teaspoon salt.
3 eggs. 1 1/4 cups fine sugar.
1/2 teaspoon almond extract. 1/2 teaspoon vanilla.
2 1/2 cups pastry flour. 2 1/2 teaspoons baking powder.
1 cup milk.

Cream the butter and sugar thoroughly, beat in the eggs one at a time till very light, add flavoring. Sift flour, baking powder and salt three times, and add to first mixture alternately with milk. Bake in three layers in moderate oven for twenty minutes. Make a butter cream, add melted chocolate and beat well. Put between layers and on sides; hold cake between hands and roll in minced walnuts; now spread chocolate butter cream on top and cover with nuts. Decorate with cherries and walnut halves.

—Mrs. Yeomans.

EGGLESS CHOCOLATE CAKE

1 1/2 cups flour. 1 cup sugar.
1/2 cup chocolate or cocoa. 1 cup buttermilk.
1 teaspoon soda. 1 teaspoon baking powder.
1/2 teaspoon salt. 1 teaspoon vanilla.
2 tablespoons shortening (melted).

—Mrs. Waldref.

LAYER CAKE

2 eggs. 1 cup sugar.

Blend together. Add 1 cup milk, 1 cup flour, a piece of butter the size of a walnut, 2 teaspoons cream tartar and 1 of soda. Sift the cream tartar with the flour. Dissolve the soda in hot water and mix in last of all. Flavor with lemon or vanilla.

—Mrs. Jno. Dixon.

JELLY ROLL

| | |
|---|--------------------------|
| 2 eggs. | 3 tablespoons milk. |
| $\frac{1}{4}$ teaspoon salt. | 1 cup flour. |
| $1\frac{1}{2}$ teaspoons baking powder. | $\frac{7}{8}$ cup sugar. |
| 1 teaspoon vanilla. | |

—Mrs. Loyns.

JELLY ROLL

| | |
|---------------------------------------|------------------------------|
| 3 large eggs. | 1 teaspoon baking powder. |
| 1 cup fine sugar. | 1 cup pastry flour. |
| $\frac{1}{2}$ teaspoon lemon extract. | $\frac{1}{4}$ teaspoon salt. |
| 2 tablespoons cold water. | |

Beat egg yolks and sugar together till quite thick. Add extract, then lightly the stiffly beaten egg whites. Sift together four times the flour, baking powder and salt. Fold very lightly into egg mixture alternately with the cold water. Turn into jelly roll pan which has been lined with greased paper. Bake in moderate oven about ten minutes. Turn out on a clean, slightly damp cloth. Remove paper, cut crisp edges from sponge, spread with preserves and roll quickly while still warm. Sift fine sugar on top.

—Mrs. Yeomans.

RAISIN CAKE

1 cup raisins cooked in 3 cups water until 1 cup of water is left. Add 1 cup granulated sugar, $\frac{1}{2}$ cup butter, 1 egg, $1\frac{3}{4}$ cups flour, 1 teaspoon each of soda, allspice, cinnamon and nutmeg.

—Mrs. Bonnyman.

LEMON CAKE

| | |
|-------------------------------|----------------------------|
| $\frac{1}{2}$ cup shortening. | 1 cup brown sugar. |
| 1 egg. | 1 teaspoon soda. |
| Grated rind of 1 lemon. | 1 cup raisins. |
| $\frac{3}{4}$ cup sour milk. | $1\frac{3}{4}$ cups flour. |

Cream shortening and sugar, add beaten egg and lemon rind, raisins slightly floured. Lastly add sour milk in which soda has been dissolved, and flour. Bake in moderate oven three-quarters of an hour. When cooked and while hot, pour over cake juice from one lemon mixed with 1 cup brown sugar. This serves as icing.

—Mrs. E. Goodwin.

DREAM CAKE

| | |
|----------------|---------------------------|
| 1 cup flour. | $\frac{1}{2}$ cup butter. |
| Pinch of salt. | 1 tablespoon sugar. |

Rub together as for shortbread, spread in flat cake tin, bake in slow oven eight to ten minutes.

FILLING

| | |
|---------------------------------------|------------------------------------|
| 1 cup brown sugar. | 2 eggs (just broken in). |
| 1 cup chopped walnuts. | $\frac{1}{2}$ cup cocoanut. |
| 2 tablespoons flour. | $\frac{1}{2}$ cup raisins or dates |
| $\frac{1}{2}$ teaspoon baking powder. | |

Mix well, spread over first mixture and bake in slow oven 25 to 30 minutes.

—Mrs. Fraser.

SEED LOAF

| | |
|---------------------------|---------------------------|
| 2 teacups flour. | 2 eggs. |
| 1 teacup sugar. | $\frac{1}{2}$ cup butter. |
| 1 teaspoon baking powder. | $\frac{1}{2}$ cup milk. |
| A few caraway seeds. | A pinch of salt. |

Sift flour, baking powder and salt together. Beat sugar and butter to a light cream. Add eggs, well beaten, and milk; then lightly stir in flour. Bake in greased tin for nearly an hour. Do not disturb cake for the first thirty minutes.

—Mrs. Halliwell.

SPICE CAKE

| | |
|-------------------------------------|--------------------------------|
| 1 cup thick sour milk. | 1 cup brown sugar. |
| $\frac{1}{4}$ cup lard or dripping. | 2 cups flour. |
| 1 cup chopped raisins. | Pinch of salt. |
| 1 teaspoon soda. | 1 teaspoon cinnamon. |
| $\frac{1}{2}$ teaspoon cloves. | $\frac{1}{2}$ teaspoon nutmeg. |

Stir soda into sour milk.

—Mrs. J. Swift, Duck Lake, Sask.

BEEF'STEAK CAKE

| | |
|----------------------------|-------------------------------------|
| 1 cup brown sugar. | $\frac{1}{2}$ cup lard and butter. |
| 2 well beaten eggs. | 2 tablespoons molasses. |
| 1 cup sour milk. | 1 tsp. soda dissolved in milk. |
| $1\frac{1}{4}$ cups flour. | Pinch of salt. |
| Nutmeg. | $1\frac{1}{2}$ cups boiled raisins. |

—Mrs. Payne.

MERINGUES

| | |
|-----------------------------|--------------------|
| 2 egg whites, beaten stiff. | 1 scant cup sugar. |
| 1 teaspoon baking powder. | |

Flavor with a few drops of lemon. Drop on buttered pans and cook in a very cool oven about one hour.

—Mrs. S. Brees.

CRUMB CAKE

| | |
|--|----------------------------|
| 2 cups flour. | 1 teaspoon vanilla. |
| $\frac{1}{2}$ cup butter. | 1 cup sugar. |
| 1 cup chopped raisins. | 1 cup milk. |
| $\frac{1}{2}$ teaspoon each cloves and cinnamon. | 2 teaspoons baking powder. |
| | 1 egg. |

Mix flour, sugar and butter together until smooth and then take out $\frac{1}{4}$ cup for top of cake. Take rest and mix in other ingredients and beat well. Put in pan and sprinkle crumbs over top and bake.

—Mrs. Holden

JERSEY LILY CAKE

| | |
|----------------------------|-------------------------|
| $\frac{1}{2}$ cup butter. | 2 cups flour. |
| 1 cup sweet milk. | 1 cup granulated sugar. |
| 1 teaspoon vanilla. | 2 egg whites. |
| 2 teaspoons baking powder. | |

Cream butter and sugar, add egg whites beaten stiff, also milk, vanilla, baking powder and sifted flour. Put half the batter in a small dripping pan, then put in a layer of seeded raisins and a layer of chopped walnuts, finally the balance of the butter. Bake in a moderate oven, ice and put whole nuts on top.

—Mrs. Webber.

ORANGE CAKE

All of one orange but the juice, 1 cup of raisins put through the chopper, 1 cup brown sugar, $\frac{1}{2}$ cup butter, 1 cup buttermilk, 1 teaspoon soda, 2 eggs, $1\frac{1}{4}$ cups of flour. Use the juice of the orange to mix the icing.

—Mrs. A. Campbell, Elrose, Sask.

ORANGE CAKE

| | |
|-------------------------------|---------------------------|
| $\frac{1}{2}$ cup butter. | 1 cup dates. |
| $\frac{3}{4}$ cups sour milk. | 1 cup granulated sugar. |
| $\frac{1}{2}$ cup walnuts. | Grated rind of an orange. |
| $1\frac{3}{4}$ cups flour. | 1 teaspoon soda. |
| 1 egg. | |

Cream butter and sugar well, add other ingredients and bake in a slow oven for one hour. Mix $\frac{1}{4}$ cup of granulated sugar with the juice of an orange and as soon as the cake is baked put orange juice and sugar on top of cake for icing.

—Mrs. M. M. Cummings.

ENSEMBLE CAKE

| | |
|---|--------------------------|
| $\frac{1}{2}$ cup butter. | 1 teaspoon vanilla |
| 4 egg yolks. | $\frac{1}{2}$ cup sugar. |
| 1 cup flour. | Pinch of salt. |
| $1\frac{1}{2}$ teaspoons baking powder. | 3 tablespoons milk. |

Beat well, spread thinly in shallow pan. Beat 4 egg whites to stiff froth, gently add $\frac{3}{4}$ cup granulated sugar, $\frac{1}{2}$ teaspoon vanilla. Spread over cake mixture, sprinkle with almonds and sugar. Bake about 40 minutes in a slow oven.

—Mrs. M. M. Cummings.

MONA'S DATE BREAD

1 pound dates cut fine, 1 large cup boiling water, 1 scant teaspoon soda dissolved in the water. Pour over dates and let cool ten minutes. 1 cup sugar, 1 tablespoon butter, 2 eggs, 2 cups flour, 1 teaspoon baking powder. Bake in a fairly hot oven.

—Mrs. Felch.

NUT AND DATE LOAF

| | |
|----------------------------------|------------------------------|
| 1 egg. | 1 teaspoon soda. |
| 1 cup white sugar. | 1 tablespoon butter. |
| 1 cup walnuts (chopped). | 1 heaping cup chopped dates. |
| $1\frac{3}{4}$ cups flour. | 1 teaspoon vanilla. |
| $\frac{3}{4}$ cup boiling water. | |

Beat sugar and butter to a cream, beat in the egg. Add dates, walnuts and vanilla. Dissolve the soda in hot water and alternately with flour. Bake 1 hour in moderate oven. This makes two loaves in Maxwell House coffee tins. Bake with lids on.

—Mrs. Geo. Traynor.

ORANGE DROP CAKES

Take 2 cups flour, rub into it 6 tablespoons of butter and 8 tablespoons of sugar. Add the juice and rind of 1 large orange, 1 egg, 1 teaspoon baking powder. Mix to a stiff paste and drop in tin 3 to 4 inches apart. Bake for 15 minutes.

—Mrs. Lester.

NUT BREAD

| | |
|--------------------------|---|
| 4 cups flour. | 4 heaping tsps. baking powder. |
| 1 teaspoon salt. | $\frac{1}{2}$ cup granulated sugar or 1 |
| 1 cup chopped nut meats. | cup brown sugar. |
| 2 cups sweet milk. | 1 beaten egg. |

Sift flour, baking powder, salt and sugar together and add the nut meats. Stir egg and milk together and add to above. Let rise $\frac{3}{4}$ hour. Bake 1 hour in hot oven. Do not have dough too stiff. Be sure to grease pans well. Makes two medium sized loaves.

—Mrs. L. K. McBride.

ICE BOX COOKIES

| | |
|---|--------------------------------|
| $\frac{1}{2}$ cup white sugar. | 1 egg. |
| $2\frac{1}{2}$ cups flour. | $\frac{1}{2}$ cup brown sugar. |
| $\frac{1}{2}$ teaspoon soda in $\frac{1}{4}$ cup cold | $\frac{1}{2}$ teaspoon salt. |
| coffee. | $\frac{1}{2}$ cup walnuts. |
| $\frac{1}{2}$ lb. shortening. | Vanilla. |

Mix well, make into roll and put outside overnight. Slice thinly and bake in quick oven.

—Mrs. Fraser.

OATMEAL COOKIES

| | |
|--------------------|-------------------------------|
| 1 cup flour. | 6 cups rolled oats. |
| 1 cup white sugar. | 1 teaspoon soda. |
| 1 teaspoon salt. | $\frac{1}{2}$ lb. shortening. |

Enough milk to bind.

Bake in quick oven.

—Mrs. E. Goodwin.

OATMEAL COOKIES

| | |
|-------------------------------------|----------------------------|
| $2\frac{1}{2}$ cups ground oatmeal. | $2\frac{1}{2}$ cups flour. |
| 1 cup brown sugar. | 1 cup shortening. |
| $\frac{1}{2}$ cup warm water. | 1 teaspoon soda. |

Let stand one hour. Cut in squares; sprinkle with sugar and bake.

—Mrs. A. Campbell, Elrose, Sask.

OATMEAL COOKIES

| | |
|------------------------------|-------------------------|
| 1 cup fat. | $\frac{1}{4}$ cup milk. |
| 1 cup sugar. | 2 beaten eggs. |
| 2 cups oatmeal. | 2 cups flour. |
| 1 teaspoon soda. | 1 teaspoon cinnamon. |
| $\frac{1}{4}$ teaspoon salt. | 1 cup raisins. |

Drop by spoonfuls onto buttered pans and bake.

—Mrs. Payne.

GINGER SNAPS (Without Eggs)

| | |
|----------------------------------|--------------------------|
| 1 cup molasses. | 1 cup sugar. |
| 1 cup shortening. | 1 heaping teaspoon soda. |
| 1 level teaspoon ginger. | 1 teaspoon salt. |
| $\frac{1}{2}$ cup boiling water. | Flour to stiffen. |

Do not roll out. Pinch off pieces size of a marble and roll with hands. Place about one inch apart in pans and bake in moderate oven. If ginger snaps are mixed up and let set in a cool place for a time, they are easier to handle and take less flour.

—Mrs. Payne.

*Makes about
6 dozen small ones
Use more ginger
& molasses.*

GINGER COOKIES

| | |
|-------------------------------|--------------------|
| 1 cup sugar | 1 cup molasses. |
| $\frac{1}{2}$ cup warm water. | 1 teaspoon ginger. |
| $\frac{1}{2}$ teaspoon salt. | 1 teaspoon soda. |
| $\frac{1}{2}$ cup shortening. | Flour to stiffen. |

Dissolve sugar, molasses and shortening in warm water; add flour to make a stiff dough. Roll out very thin and cut with cookie cutter. Bake in fairly quick oven.

—Mrs. Curran.

MAGIC HERMITS

| | |
|---------------------------------------|----------------------------------|
| $\frac{3}{4}$ cup butter. | 2 tablespoons milk. |
| 2 eggs. | $1\frac{1}{2}$ cups brown sugar. |
| 1 cup chopped walnuts. | 1 cup chopped raisins. |
| 1 teaspoon vanilla. | 1 cup chopped dates. |
| $\frac{1}{2}$ teaspoon baking powder. | 2 cups flour. |
| $\frac{1}{2}$ teaspoon soda. | |

Mix and sift together the dry ingredients. Cream butter, add sugar and well beaten eggs, and vanilla. Then add flour mixture, fruit and nuts, and drop by spoonfuls on a greased pan.

—Mrs. Loyns.

DATE HERMITS

Cream 6 tablespoons shortening, add 1 cup brown sugar, 1 beaten egg and mix well. Add $\frac{1}{4}$ cup milk a little at a time. Sift together in a bowl $1\frac{1}{2}$ cups flour, 2 teaspoons baking powder, $\frac{1}{4}$ teaspoon salt, $\frac{1}{2}$ teaspoon each of cinnamon and nutmeg. Add slowly, mixing well; then add 1 cup chopped dates and $\frac{1}{2}$ cup chopped walnuts. Drop on tins and bake.

—Mrs. R. W. Lester.

BACHELOR BUTTONS

| | |
|---------------------|----------------------------|
| 1 cup brown sugar. | 1 teaspoon soda wet with a |
| 2 eggs. | very little hot water. |
| 1 teaspoon vanilla. | $\frac{3}{4}$ cup butter. |
| 2 cups flour. | |

Cream butter and sugar thoroughly. Beat eggs until light and foamy, then add to sugar. Add vanilla, then soda and flour. $\frac{1}{2}$ teaspoon to each drop on pan. Oven temperature 350 to 375.

—Mrs. Kemp.

CHINESE CHEWS

| | |
|------------------------------|---------------------------|
| 2 eggs. | 1 tablespoon milk. |
| 1 cup sugar. | 1 cup flour. |
| 1 cup dates. | 1 cup walnuts. |
| $\frac{1}{4}$ teaspoon salt. | 1 teaspoon baking powder. |
| 1 teaspoon vanilla. | |

Mix ingredients well and bake in a moderate oven.

—Mrs. F. McCarthy.

CHINESE CHEWS

| | |
|---------------------------|------------------------------|
| 1 cup dates, cut up. | $\frac{1}{4}$ teaspoon salt. |
| 1 cup granulated sugar. | 1 cup walnuts, chopped. |
| 1 teaspoon baking powder. | $\frac{3}{4}$ cup flour. |
| 2 eggs. | |

Mix dry ingredients, then put in nuts and dates. Add beaten eggs. Spread on a buttered pan $\frac{1}{2}$ inch deep. Bake for thirty minutes in a moderate oven. Cut in squares. Then roll in powdered sugar.

—M. G. Wrenshall.

RAGGED ROBINS

| | |
|------------------------------------|-------------------------------------|
| 2 egg whites. | $\frac{1}{2}$ cup granulated sugar. |
| $1\frac{1}{2}$ cups cornflakes. | $\frac{1}{2}$ cup dates. |
| $\frac{1}{2}$ cup chopped walnuts. | 1 teaspoon vanilla. |

Add sugar gradually to stiffly beaten egg whites, beating between additions. Add walnuts, cornflakes, dates, vanilla, and mix thoroughly. Drop small spoonfuls onto baking sheet and bake in a moderate oven.

—Mrs. H. Cooper.

BANANA CREAM PIE

| | |
|----------------------|----------------------|
| 1 cup sugar. | 1 tablespoon butter. |
| 4 tablespoons flour. | 3 eggs. |
| 1 quart milk | |

Cook in double boiler until thick. Cool a little. Pour into baked shells, alternating filling with sliced bananas till filled. Cover with meringue, flavored. Brown. Makes 2 pies.

—Mrs. L. K. McBride.

SOUR CREAM PIE

| | |
|----------------------------------|----------------------------|
| 1 cup sour cream. | $\frac{1}{2}$ cup raisins. |
| $\frac{1}{2}$ teaspoon cinnamon. | 1 cup sugar. |
| 3 egg yolks and 1 egg white. | |

Bake like lemon pie. Use two egg whites for icing.

—Mrs. Lester

PUMPKIN PIE

| | |
|---|----------------------|
| 1 cup sifted pumpkin. | 1 small cup sugar. |
| 2 eggs. | 1 teaspoon cinnamon. |
| A pinch of salt. | 1 teaspoon ginger. |
| $\frac{1}{4}$ teaspoon each of cloves and allspice. | |

Add enough milk to make a pie. Mix pumpkin, sugar, spices and salt, then eggs well beaten, and lastly the milk.

—Mrs. Lester.

MARROW PIE

| | |
|-------------------------------|-----------------------------|
| 3 cups cooked, mashed marrow. | $\frac{1}{4}$ cup butter. |
| 1 cup sugar. | Rind and juice of 2 lemons. |

—Mrs. Burroughs.

RAISIN PIE

| | |
|-------------------------|--------------------------------|
| 1 cup seedless raisins. | Juice and rind of 1 lemon. |
| 1 cup cold water. | $\frac{1}{2}$ cup white sugar. |
| 1 tablespoon flour. | 2 tablespoons butter. |

Cook all together until smooth and raisins are soft. Put in pie shell. Then take $\frac{3}{4}$ cup brown sugar and $\frac{1}{4}$ cup butter, mix well and spread over raisin mixture. Sprinkle thickly with crushed walnuts and bake.

—Mrs. J. T. Goodwin.

CONGRESS PIE

Line a pie plate or patty tins with good pastry. Put in a thin layer of jam (raspberry is best), then put in a basin half a cup of sugar, 1 egg, a piece of butter the size of a walnut. Beat, then add $\frac{3}{4}$ cup of fine cocoanut. Pour over the jam and bake in a moderate oven as cocoanut quickly burns.

—Mrs. Halliwell.

HEAVENLY PIE

2 bananas. Whites of 2 eggs.
1 cup white sugar. Juice of 1 lemon.

Beat egg whites stiff, add sugar slowly. Mash bananas, add lemon juice. Beat well together. Place in baked shell and brown in oven 15 or 20 minutes. Served cold with whipped cream sprinkled with chopped walnuts. This makes 2 medium sized pies.

—Mrs. F. Grabham.

SWEET BISCUITS

1 sifter of flour. 1 teaspoon soda.
Salt. Nutmeg and ginger
1 ¼ cups brown sugar. 1 egg.
3 cups sour cream. Raisins if wanted.
Do not make too stiff. —Mrs. Bailey.

DR. STEWART'S BRAN GEMS

½ cup brown sugar. 2 cups bran.
1 egg. 2 tablespoons shortening.
1 teaspoon soda dissolved in ½ cup corn syrup.
syrup. 1 cup flour.
1 cup sweet milk. ½ cup raisins.
This makes 16 gems in tins. Cook in slow oven as they burn easily.
—Mrs. Wrenshall.

COLD WATER BUNS

Soak 1 yeast cake in 1 cup warm water. Add 2 cups cold water and flour to make a sponge. Set overnight. In the morning add 2 cups cold water, ½ cup shortening, ½ cup sugar (or more), 1 teaspoon salt. Make into a dough not quite as stiff as for bread. Set all day, punch down often. Keep in cool place. Put in pans at night and bake for breakfast.
—Mrs. J. McDonald.

FRENCH TOAST

Cut four thick slices of bread from a medium sized loaf. Beat up 2 eggs, dip slices into mixture and fry in butter. Eat with syrup. This is nicer than pancakes and children love it.

—Mrs. Halliwell.

DOUGHNUTS

1 scant cup sugar. 1 teaspoon vanilla.
1 egg. Butter the size of a chestnut.
Pinch of salt. 1 cup sweet milk.
Flour to roll.

—Mrs. Payne.

POTATO DOUGHNUTS

3 potatoes, cooked and mashed. Butter size of a small egg.
¾ cup milk. 3 eggs beaten separately.
1 cup sugar. 2 teaspoons baking powder.
—Mrs. Martin.

DOUGHNUTS

1 ½ cups sugar. ½ cup sour cream or 2 table-
4 eggs spoons butter.
½ teaspoon nutmeg. Flour to make a soft dough.
2 cups sour milk or buttermilk. 1 level teaspoon soda.
1 teaspoon salt.

Pat out and cut. Do not roll. The colder the ingredients, the less flour it will take and the softer the dough can be handled, the finer will be the doughnuts.
—Mrs. L. K. McBride.

LEMON PUDDING

| | |
|----------------------|----------------------------|
| 1 tablespoon butter. | 1 cup sugar. |
| Yolks of 2 eggs. | 1 cup milk. |
| 1 tablespoon flour. | Juice and rind of 1 lemon. |

Stir all ingredients together slightly, add beaten egg whites, set in dish of water and bake 30 minutes.

—Mrs. R. A. Fraser.

CHOCOLATE PUDDING

| | |
|----------------------------|---|
| $\frac{3}{4}$ cup sugar. | $\frac{1}{2}$ cup sweet milk. |
| 1 egg. | $1\frac{1}{2}$ teaspoons baking powder. |
| $1\frac{1}{2}$ cups flour. | 2 squares Baker's chocolate |
| 1 tablespoon butter. | melted and stirred in. |

Steam one hour and serve with whipped cream, sweetened and flavored. May use cocoa instead of chocolate if desired.

—Mrs. L. K. McBride.

APPLE CRISP

| | |
|--------------------------------|---------------------------|
| Cooking apples. | $\frac{1}{4}$ cup butter. |
| $\frac{1}{2}$ cup brown sugar. | $\frac{3}{4}$ cup flour. |

Lightly grease baking dish. Almost fill with sliced apples. Cream butter, add brown sugar, then flour to form a crumbly mixture. Spread this over the top of apples, bake until apples are tender and light brown.

—Mrs. Playfair.

PANCAKES

3 small cups flour, $\frac{3}{4}$ cup sugar, 1 egg, 1 teaspoon baking soda, 1 teaspoon cream tartar, pinch of salt, buttermilk to mix.

Whisk eggs and sugar, add dry ingredients alternately with the milk, mixing it well. Put mixture out in spoonfuls on a hot greased griddle and bake to a nice brown on both sides.

—Mrs. Campbell, 1222 Avenue E No.

DATE BLUFF

| | |
|----------------------------|--------------------------------|
| $\frac{1}{2}$ cup flour. | $1\frac{1}{2}$ teaspoons salt. |
| 1 cup dates. | 1 cup nuts. |
| 2 teaspoons baking powder. | 1 cup sugar. |
| 2 eggs | |

Mix and sift flour, baking powder and salt. Cut up nuts and dates and add sugar. Stir in egg yolks, fold in beaten egg whites. Bake in a greased pan in slow oven, 30 to 40 minutes. Delicious with whipped cream. This pudding improves with age.

—Mrs. J. T. Goodwin.

CARROT PUDDING

1 cup grated raw carrots, 1 cup grated raw potatoes, 1 cup sifted flour, 1 cup white sugar, 1 cup suet, 1 cup raisins, 1 cup currants, $\frac{1}{2}$ teaspoon each of cloves and nutmeg, 1 teaspoon cinnamon, 1 teaspoon soda in $\frac{1}{2}$ cup of the potato, and added last. Steam 3 hours and serve with boiled sauce.

—Mrs. J. G. McDonald.

CHRISTMAS PUDDING

1 cup suet or $\frac{3}{4}$ cup butter, $\frac{1}{2}$ cup molasses, $\frac{1}{2}$ cup sugar, 1 cup raisins, 1 cup water, $2\frac{1}{2}$ cups flour, $\frac{1}{2}$ teaspoon each of salt, cinnamon and nutmeg, 1 teaspoon soda. Cook in steamer about $1\frac{1}{2}$ hours.

SAUCE FOR PUDDING

Yolk of 1 egg, $\frac{1}{2}$ cup butter, 1 cup sugar, 6 tablespoons boiling water; add beaten white of egg last; 1 teaspoon vanilla.

—Mrs. R. Payne.

SUET PUDDING

| | |
|-----------------------|--------------------------------|
| 1½ cups chopped suet. | 1 cup reliable prepared flour. |
| 1 cup seeded raisins. | 2 teaspoons salt. |
| ½ cup currants. | ½ cup sultana raisins. |
| ½ teaspoon cloves. | 1 teaspoon cinnamon. |
| 1 cup molasses. | ½ teaspoon nutmeg. |
| 1 cup milk. | 2 eggs (well beaten). |

1 teaspoon soda in the milk.

Put together in order named and steam three or four hours.

—Mrs. Munroe.

A GOOD CHRISTMAS PUDDING

1 pound raisins cut in half, 1 pound currants, ¼ pound sultanas, 1 pound sugar, 1 pound stale bread crumbs, 1 pound beef suet, 1 pound apples, 10 fresh eggs, 10 tablespoons flour, 3 ounces mixed peel, the grated rind and juice of a lemon, ½ ounce each of ground nutmeg, ginger and mixed spice. Boil six hours.

—Mrs. J. Swift, Duck Lake, Sask.

FRUIT SALAD

| | |
|---------------------------|--------------------------|
| 1 pkt. lemon jello. | ½ teaspoon salt. |
| 1 cup pineapple juice. | 1 cup boiling water. |
| 1 cup grated raw carrots. | 1 cup crushed pineapple. |
| 1 cup pecan nuts. | 1 teaspoon vinegar. |

Dissolve jello in liquids, add vinegar and salt. When cool add fruit and place in individual moulds. Serve with sauce.

SAUCE

| | |
|------------------------|----------------|
| 1 cup pineapple juice. | 2 lemons |
| Pinch of salt. | 2 beaten eggs. |

Sugar to taste.

Cook in double boiler until thick. Whipped cream added to sauce before pouring over salad makes this a delicious dessert.

—M. Hambleton, Toronto, Ont.

CABBAGE AND BANANA SALAD

| | |
|--------------------------|------------------|
| 2 cups shredded cabbage. | ½ cup nut meats. |
| | 1 banana. |

DRESSING

| | |
|------------------------|----------------|
| ½ cup cream. | ½ cup sugar. |
| 3 tablespoons vinegar. | Pinch of salt. |

—Mrs. L. K. McBride.

TOMATO PICKLES

| | |
|----------------|---------------------|
| 8 tomatoes. | 1 tablespoon salt. |
| 3 onions. | ¼ cup sugar. |
| 2 red peppers. | 1 cup weak vinegar. |

Put onions and peppers through chopper. Boil three hours slowly. Don't add sugar and salt until fifteen minutes before taking from fire.

—Mrs. Kemp.

UNCOOKED CHILI

2 quarts firm, ripe tomatoes chopped finely and drained overnight. Add 1 cup chopped celery, 1 cup chopped apples, 2 large onions and 1 small green pepper chopped, 2 cups white sugar, 1 ounce white mustard seed. Mix with one pint of good vinegar, and seal without cooking.

—Mrs. J. G. McDonald.

SANDWICH SPREAD

14 medium sized cucumbers 3 red peppers.
1 quart sliced onions. 2 green peppers.

Chop vegetables finely, add $\frac{3}{4}$ cups of salt. Let stand overnight. In morning cover with vinegar and scald. Drain, press through colander, then make dressing of:

$\frac{1}{2}$ cup butter. 1 pint vinegar.
3 tablespoons flour. $\frac{3}{4}$ cup sugar.
1 teaspoon mustard. 4 well beaten eggs.

Cook until thick and smooth, add 1 cup of thick cream, 1 teaspoon celery seed. Pour over chopped vegetables, mix well and seal. Will keep all winter.

—Mrs. J. T. Goodwin.

PICKLED BEANS

2 quarts string beans. 3 tablespoons mustard.
1 cup vinegar. $\frac{1}{2}$ teaspoon tumeric.
 $1\frac{1}{2}$ cups brown sugar. $\frac{1}{2}$ teaspoon celery seed.
3 tablespoons flour. $\frac{1}{2}$ teaspoon salt.

Wash beans, remove tips and cut in 2-inch pieces. Cook in boiling water, salted, for 15 minutes. Heat vinegar to boiling. Add slowly to sugar, flour and seasonings. Cook until thick. Add drained beans and cook 5 minutes. Bottle and seal.

—Mrs. J. L. Broad

CHILI SAUCE

5 large onions. 5 ripe tomatoes.
4 apples. $1\frac{1}{2}$ teaspoons salt.
2 teaspoons cinnamon. 3 cups sugar.

Cover with vinegar and cook till tender. Put in jars.

—Mrs. Riley.

CUCUMBER LUNCH

12 large onions. 12 cucumbers.

Sprinkle with salt, let stand three hours and drain. Cover with vinegar. Add 3 cups sugar, 1 teaspoon mustard seed, 1 teaspoon tumeric, 1 teaspoon celery seed, a little salt, and boil ten minutes.

—Mrs. J. Forest.

DUTCH PICKLE

1 quart green cucumbers. 1 quart green tomatoes.
1 small cabbage. 1 large cauliflower.
1 quart onions. $\frac{1}{2}$ cup salt.

Chop all fine and pour on enough hot water to cover. Let stand half an hour, then drain.

DRESSING

8 tablespoons mustard. 1 teaspoon tumeric.
3 cups sugar. 1 cup flour.

Mix with a little vinegar till smooth. Add mixture to two quarts of vinegar, stirring constantly over fire till thick. Then pour over vegetables.

—Mrs. J. Forest.

TOMATO CATSUP

| | |
|-----------------------------|--------------------------------|
| 30 ripe tomatoes or 2 tins. | 4 teaspoons ground pepper. |
| 4 onions. | 5 apples, good size, cut fine. |
| 4 teaspoons salt. | 2 cups vinegar. |
| 9 teaspoons sugar. | 2 teaspoons cloves and cassia. |
| Boil for two hours. | |

—Mrs. Bruce.

NINE-DAY PICKLES

4 quarts thick cut cucumbers. Let stand in cold strong brine for three days. Then put in fresh water for three days, changing the water each day. Then heat in weak vinegar, with alum the size of a marble. Simmer $1\frac{1}{2}$ hours, drain and put in the following dressing:

DRESSING

| | |
|-----------------------|-------------------------|
| 3 pints vinegar. | 1 ounce cassia buds. |
| 4 pounds white sugar. | 1 ounce whole allspice. |
| | 1 ounce celery seed. |

Heat and pour over pickles and let stand. Every morning for three days drain off vinegar and heat.

Three days in brine, three days in water and three days in vinegar.

—Mrs. L. K. McBride.

MOLDED HAM

| | |
|--|-----------------------------|
| 2 tablespoons gelatine. | ¼ cup cold water. |
| 3 cups tomato juice. | ½ teaspoon salt. |
| 1 teaspoon sugar. | 1 tablespoon chopped onion. |
| 3 cups minced ham or other left-over meat. | |

Soak gelatine in cold water 5 minutes. Heat tomato juice, add salt, sugar and onion. Cook slowly for 10 minutes. Strain and add gelatine. When gelatine is dissolved, add ham and pour in molds.

—Mrs. H. McDonald.

SOUTHERN MEAT LOAF

| | |
|-----------------------|---------------------------|
| 2 pounds ground beef. | 2 cups corn. |
| 2 cups bread crumbs. | 1 teaspoon salt. |
| 2 tablespoons onion. | 1 chopped green pepper. |
| ¼ teaspoon pepper. | ¾ teaspoon baking powder. |
| ½ cup milk. | 2 eggs. |

Mix ingredients together. Pack into loaf pan and bake in a hot oven for 50 minutes.

—Mrs. Day.

SALMON LOAF

Mix together 1 can salmon, half cup bread crumbs, 3 eggs, 4 tablespoons milk, pepper and mustard to season. Press firmly into a small bread tin and bake. May be served cold sliced, garnished with lettuce and mayonnaise.

—Mrs. Halliwell.

BEEF OLIVES

Take round steak about $\frac{1}{2}$ inch thick and cut in pieces convenient for serving. Make following dressing, spread on meat, shape and tie like olives.

2 or more cups dry bread crumbs, 2 heaping tablespoons ground suet, rind and juice of 1 lemon, salt and pepper to taste. Bind with beaten egg. Bake in moderate oven $\frac{3}{4}$ to 1 hour being careful to keep moist.

—Mrs. Wrigley.

MACARONI CUSTARD

- | | |
|---------------------------|-----------------------------------|
| 1 cup uncooked macaroni. | 1 medium sized onion. |
| $\frac{1}{4}$ cup butter. | $1\frac{1}{2}$ cups scalded milk. |
| 1 cup soft bread crumbs. | 3 eggs. |
| 1 teaspoon salt. | Pepper. |

Cook the macaroni in boiling salted water until tender. Cook chopped onion in butter till soft. Pour hot milk on bread crumbs and add onion mixture. Add well beaten eggs and salt. Pour over macaroni and bake in a greased baking dish until firm, having the oven moderate.

—Mrs. J. Cooper.

CHEESE POTATO PUFF

- | | |
|------------------------------|-----------------------------|
| 1 cup hot milk. | 2 tablespoon melted butter. |
| 1 cup grated cheese. | Salt and pepper. |
| 1 teaspoon baking powder. | 1 egg. |
| 2 cups cold mashed potatoes. | |

Mix potatoes and cheese and baking powder, beaten egg yolks, salt and pepper. Add butter to hot milk and mix with potatoes. Fold in beaten egg whites. Bake in moderate oven until puffed up and golden brown.

—Mrs. R. A. Fraser.

GRIDDLE SCONES

- | | |
|---|----------------------|
| 3 cups flour. | 1 tablespoon butter. |
| $2\frac{1}{2}$ teaspoons baking powder. | 2 teaspoons sugar. |
| Milk enough to mix to soft dough. | |

Put dry ingredients in bowl and rub in butter. Add milk, turn out and roll about $\frac{1}{2}$ inch thick, and bake on griddle until nicely browned.

—Mrs. H. Cooper.

DUMPLINGS

- | | |
|------------------|---------------------------------|
| 1 cup flour. | 1 big teaspoon baking powder. |
| 1 teaspoon salt. | Sweet milk to make stiff dough. |

Leave uncovered in kettle till raised, then put lid on. Cook 20 minutes.

—Mrs. H. McDonald.

DIVINITY CANDY

- | | |
|---|--------------------------------|
| 3 cups white sugar. | $\frac{1}{2}$ cup white syrup. |
| $\frac{1}{2}$ to $\frac{3}{4}$ cup water. | Salt. |

Boil until it threads. Then pour, stirring constantly, into two egg whites, previously beaten. Add nut meats.

—Mrs. R. Sinclair.

CARNATION CREAM CARAMELS

- | | |
|---------------------------|------------------------|
| 2 cups sugar. | 2 cups Carnation milk. |
| $\frac{1}{2}$ cup butter. | 2 cups corn syrup. |
| A little salt. | 1 teaspoon vanilla. |

Put sugar, syrup, salt and butter in a pan. Stir until it boils clear and thick, then add milk slowly so as not to stop the boiling, and cook. Add vanilla last.

—Mrs. MacDonnell.

LEMON CURD OR CHEESE

- | | |
|--------------------------------|---------------------------|
| 6 eggs. | 2 cups sugar. |
| $\frac{1}{2}$ cup lemon juice. | $\frac{1}{4}$ cup butter. |

Beat eggs well. Add the other ingredients. Cook over hot water until thick. Pour into sterilized glasses. Use for tarts or cakes or as a spread for toast or hot biscuits. This makes one pint or three glasses.

—Mrs. Munroe.

LEMON CHEESE

$\frac{1}{4}$ pound butter.
6 eggs.

1 pound loaf sugar.
Rind of 2 lemons.

Juice of 3 lemons.

Put all together in a jar in a pan of boiling water. Keep stirring the mixture over the fire until the sugar is dissolved and begins to thicken. Put into small glass jars until needed.

—Mrs. Halliwell.

CARROT MARMALADE

$2\frac{1}{2}$ pounds grated carrots.
 $2\frac{1}{2}$ pounds sugar.

6 lemons.
4 quarts water.

$\frac{1}{2}$ teaspoon salt.

Grate carrots and cut lemons fine. Cover with water, add salt and let stand overnight. Next morning add sugar and boil until thick like marmalade. This is as good as orange marmalade and not expensive.

—Mrs. Reilly.

GRAPE JELLY

Wash the grapes and pick off stems. Mash and cook, using 1 cup of water to every quart of fruit. When tender, drain first in colander, then in jelly bag. Do not squeeze bag. Boil juice slowly for ten minutes, then add 1 cup sugar to every cup of juice and boil five minutes. Pour and cover.

—Mrs. B. M. Carscadden.

RHUBARB AND FIG JAM

$2\frac{1}{2}$ pounds rhubarb.
1 lemon.

$\frac{1}{2}$ pound dried figs.
4 cups sugar.

Cut rhubarb fine, add chopped figs, rind and juice of lemon. Leave all night, then in morning cook for one hour. Nuts may be added.

—Mrs. H. McDonald.

COUGH REMEDY

2 ounces honey.

2 ounces glycerine.

The juice of 2 lemons.

Blend these ingredients together and take a tablespoonful every two or three hours.

MARMALADE

1 orange.

1 lemon.

1 grapefruit.

Put skin and all through mincer. Add 14 cups water and let set overnight. In morning boil till tender, then add 10 cups sugar. Boil till it jells.

—Mrs. Bruce.

LEMON CHEESE

2 ounces butter.
2 eggs.

2 ounces sugar.

Grated rind and juice of 1 lemon.

Mix well together, cook in double boiler till thick. Very good for tart or cake filling.

—Mrs. Wrigley.

THE SECRET OF BEING HAPPY

Take an easy way:

Think of those around thee—live for them each day;

Think of their pain, their loss, their grief, their care,

All that they have to do, or feel, or bear;

Think of their pleasure, of their good, their gain;

Think of those around thee—'twill not be in vain.

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Trend
is to the
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